

Full Report (All Nutrients) 03186, Babyfood, cereal, mixed, with bananas, dry

Report Date: June 24, 2017 23:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:6.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Proximates						
Water	g	4.50	6	0.200	0.11	0.68
Energy	kcal	391	--	--	10	59
Energy	kJ	1636	--	--	41	245
Protein	g	10.70	7	0.100	0.27	1.60
Total lipid (fat)	g	4.60	7	0.000	0.12	0.69
Ash	g	3.10	6	0.200	0.08	0.47
Carbohydrate, by difference	g	77.10	--	--	1.93	11.56
Fiber, total dietary	g	7.8	--	--	0.2	1.2
Sugars, total	g	6.68	--	--	0.17	1.00
Sucrose	g	1.82	--	--	0.05	0.27
Glucose (dextrose)	g	2.44	--	--	0.06	0.37
Fructose	g	2.36	--	--	0.06	0.35
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.01	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	696	1	--	17	104
Iron, Fe	mg	47.50	--	--	1.19	7.12
Magnesium, Mg	mg	90	2	--	2	14
Phosphorus, P	mg	367	2	--	9	55
Potassium, K	mg	668	2	--	17	100
Sodium, Na	mg	0	--	--	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Zinc, Zn	mg	1.40	2	--	0.04	0.21
Copper, Cu	mg	0.256	--	--	0.006	0.038
Selenium, Se	µg	20.0	2	--	0.5	3.0
Vitamins						
Vitamin C, total ascorbic acid	mg	3.6	5	0.500	0.1	0.5
Thiamin	mg	3.780	1	--	0.094	0.567
Riboflavin	mg	3.560	4	0.110	0.089	0.534
Niacin	mg	20.560	4	0.390	0.514	3.084
Vitamin B-6	mg	0.408	6	0.031	0.010	0.061
Folate, total	µg	17	--	--	0	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	17	--	--	0	3
Folate, DFE	µg	17	--	--	0	3
Choline, total	mg	28.6	--	--	0.7	4.3
Vitamin B-12	µg	0.24	2	--	0.01	0.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	6	--	--	0	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	51	--	--	1	8
Carotene, alpha	µg	49	--	--	1	7
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	125	--	--	3	19
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	96	--	--	2	14
Vitamin E (alpha-tocopherol)	mg	0.51	--	--	0.01	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.01	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	3.5	--	--	0.1	0.5

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Fatty acids, total saturated	g	0.846	--	--	0.021	0.127
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.006	--	--	0.000	0.001
10:0	g	0.001	--	--	0.000	0.000
12:0	g	0.010	--	--	0.000	0.002
14:0	g	0.008	--	--	0.000	0.001
16:0	g	0.706	--	--	0.018	0.106
18:0	g	0.049	--	--	0.001	0.007
Fatty acids, total monounsaturated	g	1.223	--	--	0.031	0.183
16:1 undifferentiated	g	0.015	--	--	0.000	0.002
18:1 undifferentiated	g	1.203	--	--	0.030	0.180
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.734	--	--	0.043	0.260
18:2 undifferentiated	g	1.639	--	--	0.041	0.246
18:3 undifferentiated	g	0.054	--	--	0.001	0.008
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.001	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.126	--	--	0.003	0.019
Threonine	g	0.363	--	--	0.009	0.054
Isoleucine	g	0.430	--	--	0.011	0.065
Leucine	g	0.956	--	--	0.024	0.143
Lysine	g	0.460	--	--	0.012	0.069
Methionine	g	0.218	--	--	0.005	0.033
Cystine	g	0.205	--	--	0.005	0.031
Phenylalanine	g	0.546	--	--	0.014	0.082
Tyrosine	g	0.439	--	--	0.011	0.066

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Valine	g	0.604	--	--	0.015	0.091
Arginine	g	0.505	--	--	0.013	0.076
Histidine	g	0.319	--	--	0.008	0.048
Alanine	g	0.437	--	--	0.011	0.066
Aspartic acid	g	0.783	--	--	0.020	0.117
Glutamic acid	g	2.478	--	--	0.062	0.372
Glycine	g	0.369	--	--	0.009	0.055
Proline	g	0.863	--	--	0.022	0.129
Serine	g	0.505	--	--	0.013	0.076
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0